

HALIFAX

metro®

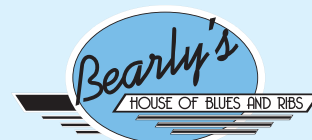
NEWS  
WORTH  
SHARING.



'We did it'

Nathan MacKinnon holds the Memorial Cup after the Mooseheads defeat Portland in Saskatoon **COVERAGE ON PAGES 3, 20, 21**

LIAM RICHARDS/THE CANADIAN PRESS



**HEY METRO,  
YOU'RE PAYING TOO  
MUCH FOR BURGERS!**

*Bearly's Burger Nights*

Monday  
& Tuesday **\$8.50**  
ANY BURGER  
(Taxes & Fries Included!)

**WANT THE BIG BA\*\*\*RD?  
ADD 1 BUCK!**

(eat-in, with purchase of any beverage)

1269 Barrington St. • [bearlys.ca](http://bearlys.ca)

## 51 cats removed from home

In Halifax, a case of 'somebody trying to do a good thing, but it goes bad'

PAGE 4

## To Russia, with trove

CSIS learned a Bedford man was spying, but RCMP learned about it through the U.S.

PAGE 6

## Maple money mystery?

After dozens of inquiries, Bank of Canada says there is no scratch 'n' sniff secret to the new bills

PAGE 9

## A Demi-charmed kind of life

Demi Lovato speaks frankly about the business of crafting radio-friendly pop ballads

PAGE 11

**DON'T WAIT  
TO SEE.**

Get LASIK today, take 5 years to pay.



Starting at just  
\$490 per eye\*  
5-year financing  
\$0 down\*

Book a free consultation at  
1-866-999-0435 or [lasikmd.com](http://lasikmd.com)

**LASIK MD**  
VISION

\*Prices are subject to change without prior notice and vary by patient. Financing is subject to credit review and approval. \*Subject to Desjardins Card Services credit approval. Interest financing starting at 6.9% over 60 months.





# O'REGAN'S KIA 5 DAY SALE

LAST DAY



2013  
**Rio**  
LX

**\$90\*** b/w

MSRP \$15,350

2013  
**OPTIMA**  
LX



**\$129\*** b/w

MSRP \$23,550



2014  
**RONDO**

**\$133\*** b/w  
0% Financing

MSRP \$23,460

**FREE**

**FIRST 20 BUYERS OF ANY NEW  
IN-STOCK KIA WILL RECEIVE  
A FREE FLAT SCREEN TV!**



**CASH FOR CLUNKERS  
\$1000 MINIMUM TRADE-IN**

Valid May 22nd to 27th only. Minimum trade value with O'Regan's Financing.



**O'REGAN'S**  
DRIVING HIGHER STANDARDS

**KIA  
HALIFAX  
DARTMOUTH**

**DARTMOUTH**  
402 WINDMILL ROAD  
466-9550

[WWW.OREGANSKIA.COM](http://WWW.OREGANSKIA.COM)

**HALIFAX**  
3330 KEMPT ROAD  
453-3477



The Power to Surprise

\*Plus OAC & taxes. See O'Regan's Kia for details.  
Offers only available between May 22nd and 27th, 2013.



# 'It's huge for all of us'

**Halifax pride.** Fans stand, sit, stress out, and eventually celebrate Mooseheads' first Memorial Cup win



**RUTH DAVENPORT**  
ruth.davenport@metronews.ca

It was a battle the Halifax Mooseheads fought for tooth and nail — and their most devoted fans fought right along with them.

Hundreds of people came and went from the Grand Parade in Halifax Sunday night to watch the drama between the Herd and Portland Winterhawks in the Memorial Cup final — a drama narrated with anguished groans, frenzied cheers and, finally, victorious screams.

"Awesome!" hollered Hayleigh McQuade, 12, who watched most of the game wide-eyed and frozen in her chair.

"It feels really good," echoed a slightly calmer Cameron Slaunwhite, who celebrated his 11th birthday by watching his hero, Trey Lewis, celebrate Halifax's first CHL title.

Although Cameron dozed off for part of the game, his mother, Candace, was on her feet for most of it, cheering, biting her nails and eventually shedding tears of joy.

"It's huge for all of us," she said, admitting she came close to doubting the outcome once or twice.

Fans' nerves were sorely

## Quoted

**"It's amazing, it's history in the making."**

Candace Cameron



Halifax Mooseheads fans celebrate at Grand Parade on Sunday night. JEFF HARPER/METRO

tested during the game, which saw the Winterhawks come within a goal — twice — before being staved off by a team gripped by an apparently unshakable determination to win.

The drama of the second period, coupled with chilling winds and sideways rain, prompted a mass exodus from the Grand Parade, but the true diehards stuck around to see the Mooseheads secure the victory in the third.

"One heck of a game, one heck of a game," said a jubilant and nearly wordless Jeff Coleman, letting the badly abused cowbell in his hand have a moment's rest.

Prior to the game, Mayor Mike Savage said the team should be an inspiration to

the entire city.

"Without overplaying it, it feeds into the optimism that exists in the city, that you can

do what you set out to do if you stick with it and work hard," he said.



True diehards stuck around at Grand Parade to see the Mooseheads secure the victory in the third. JEFF HARPER/METRO

1 NEWS

## CONTINUING CARE ASSISTANT & VETERINARY HOSPITAL ASSISTANT INFORMATION SESSION

Interested in a career in healthcare or veterinary services? Don't miss our information session on Wednesday, May 29th from 1:00pm - 4:00pm. Stop by the Centre for Health Studies campus to learn more about our 9 month certificate programs.

For more information on the Centre for Health Studies and its programs, visit [techealthstudies.net](http://techealthstudies.net) or book an appointment with a Program Advisor by calling (902) 429.7373.

**CENTRE** FOR  
**HEALTH STUDIES**

- Explore our practical learning lab facilities
- Meet with our Instructors, Program Advisors, Financial Aid Officer and current students
- Meet with industry partners and explore career opportunities
- Kickstart your new career



1577 Barrington Street,  
Halifax, NS B3J 1Z7



## Strategy. It's economic development, stupid

One of HRM's standing committees is launching a significant exercise that the committee chair hopes will result in a more integrated and effective economic engine.

The community planning and economic development (CPED) committee will spend the next six months discussing fundamental questions around the issue in HRM to develop a more strategic approach.

"For two years we've been talking about (economic development) in the backrooms," said CPED chair Coun. Lorelei Nicoll. "Then our mayor (Mike Savage) got elected and economic development was important to him, so people started to listen."

The meetings are a response to the auditor general's recent report on economic development, which suggests the municipality suffers from a lack of cohesion and accountability.

A senior vice-president with the Halifax Chamber of Commerce says HRM is primed for a reset on economic strategy — and it seems to be starting already.

"There's a lot of attention to the areas that are important for our members ... commercial tax rates, development approval times and a general open-for-

### Quoted

**"We're all hearing people talking about being bold and doing things differently, so I think with that mantra, the end result should be different."**

Coun. Lorelei Nicoll on overhauling HRM's economic-development strategy

business attitude," said Nancy Conrad.

Though "economic development" means different things to different people, Conrad says HRM needs to refine its policies.

"Just that general understanding that business is important to the community and what the contribution is," she said.

Nicoll says she wants better accountability for taxpayer dollars, more defined measurables and better co-operation between province and municipality — eventually.

"I'll just be happy to go from town-thinking to city-thinking before we go into being the hub of the Atlantic region," she said. "Small things first."

ANDREW RANKIN/METRO

## Reserve Mines. Vehicle lands in brook, killing one

A young woman is dead after a vehicle left a dirt road and landed in a brook.

Police say officers were called to Lorway Street in Reserve Mines around 12:45 a.m. Saturday. They say a vehicle carrying three people had left

the road, landed in the water and became submerged.

Police say two people managed to escape the vehicle, but an 18-year-old woman did not.

The victim's name is not being released pending notification of kin. **THE CANADIAN PRESS**

### Chester Basin

#### Pair charged in gas-station break-in

Two men are facing charges following a violent break-in Friday morning at a gas station in Chester Basin.

Officers found a 30-year-old man inside the business who was being held by the person who reported the incident. The suspect was seriously injured.

He's facing charges including break-and-enter and mischief.

The 51-year-old man who called police has been charged with aggravated assault and assault with a weapon. **THE CANADIAN PRESS**

### Highway 104

#### Driver caught going 161 km/h: Police

A Halifax man has been charged with stunting after police say they clocked a vehicle travelling 161 km/h over the weekend.

Around 5:30 p.m. Saturday, police say they were conducting a speed enforcement when a vehicle was going 61 km/h over the posted speed limit of 100 km/h on Highway 104 near Pictou County.

The 28-year-old driver was stopped and had his car seized. He has also lost his driver's licence for at least one week. **THE CANADIAN PRESS**



Kristin Williams holds Casper the cat at the provincial shelter in this photo from February. JEFF HARPER/METRO

# SPCA boss leaves on a high note

### Animal welfare.

Kristin Williams makes 'tough' decision to step down with her organization thriving

The woman who's shepherded the provincial SPCA through a significant transformation in the last four years is calling it a day.

Executive director Kristin Williams will leave the society on June 6 to take over the helm of Junior Achievement Nova Scotia.

"It was tough, it was a very emotional decision for me. There have been a lot of tears,"

### Quoted

**"My true vision for the SPCA, and this might sound really strange, is that there's no longer a need for our work. I would like it for the next (executive director) to work herself out of a job."**

Kristin Williams, outgoing executive director, Nova Scotia SPCA

said Williams, adding she's "thrilled" to be joining Junior Achievement.

Williams says the decision to leave was made easier by the organization's strong position, with an improved governance structure and new corporate fundraising strategies in place.

She says they're just two of some "mind-boggling" changes over the last four years: "Pro-

grams like ... our palliative-care foster program and our off-site adoption program, the first low-income, high-volume spay-neuter clinic in all of Nova Scotia, (and) government funding for the inspectorate."

Williams says she's offered to help the SPCA find her successor, adding it will be critical for that person to continue building on the society's recent

prosperity.

"I see another spay-neuter clinic in Cape Breton ... continued enhancements of our governance model and continued enhancement of our growth and capacity to help even more animals than we're helping now," she said.

She has a message for animal lovers, urging them to take action if they're unhappy about the state of animal welfare in Nova Scotia.

"The power of change is in the people's hands, and if they feel strongly about something, those feelings can be put forward very constructively to policy makers ... and we can make a difference," she said.

RUTH DAVENPORT/METRO



One of the rescued cats. CONTRIBUTED

## Cats in hoarding case rescued

Over 50 cats living in a one-bedroom apartment in Halifax in a case of animal hoarding have been taken from their owner.

The Disaster Animal Response Team of Nova Scotia says it helped remove a total of 51 cats after being contacted by the apartment landlord on Friday.

Catherine Stevens, communication director for DARTNS, says an elderly woman living in the apartment

co-operated as the cats — ranging from newborn kittens to adults — were removed.

"The cats were being fed and watered.... There are no cats abused," Stevens said.

"She thought she was doing a great job (by caring for them), as most hoarders do. It's somebody trying to do a good thing, but it goes bad."

A temporary shelter has been set up in Halifax and volunteers from DARTNS are now

taking care of the cats. Stevens says after the SPCA examines the animals in the coming days, and they are spayed and neutered, they will be put up for adoption.

At the request of the landlord, DARTNS isn't releasing the location of where the animals were found.

Stevens says the case is a reminder for pet owners to have their animals spayed or neutered. **PHILIP CROUCHER/METRO**



chewables

The Power of  
**PEPTO**  
*now in your pocket.*

Relief of heartburn, indigestion, nausea, upset stomach and diarrhea. To make sure this product is right for you, always read and follow indications.

© Procter & Gamble, Inc., 2013 PHC-12284



# CSIS kept quiet on spy to protect their own secrets

**Jeffrey Delisle.** The FBI, not Canada's spy agency, had to bring RCMP up to speed on espionage

Canada's spy agency clandestinely watched a navy officer pass top secret information to Russia for months without briefing the RCMP — a previously unknown operation that raises questions about whether Jeffrey Delisle could have been arrested sooner.

The Canadian Press has learned that the FBI alerted the Canadian Security Intelligence Service (CSIS) to Delisle's illicit dealings with Moscow well before the Mounties took on the file in December 2011 and later brought him into custody.

CSIS ultimately decided not to transfer its thick Delisle dossier to the RCMP. The spy agency, acting on legal advice, opted to keep its investigation sealed for fear of exposing a

## Reactions

Intelligence historian Wesley Wark, who served as an expert witness at Delisle's sentencing, said it would be "scandalous" if the system did indeed break down.

- According to Delisle's lawyer, it also flags legal concerns about the government's obligation to disclose everything it knows about an accused.

trove of Canadian and U.S. secrets of the intelligence trade in open court proceedings.

In a bizarre twist, it fell to the FBI — not CSIS — to send a letter to the RCMP spelling out how a Canadian was pilfering extremely sensitive information, including highly classified U.S. material.

The RCMP had to start its own investigation of Delisle almost from scratch.

THE CANADIAN PRESS



Jeffrey Delisle pleaded guilty to violating the Security of Information Act and was sentenced to 20 years in prison in February. ANDREW VAUGHAN/THE CANADIAN PRESS

# Ford brothers add smack talk to crack talk



Toronto Mayor Rob Ford arrives at a radio station on Sunday for his weekly show, along with his brother, Coun. Doug Ford. AARON VINCENT ELKAIM/THE CANADIAN PRESS

The embattled mayor of Toronto took control of the narrative surrounding allegations of crack cocaine use, vowing Sunday not to let media "mag-gots" interfere with his mayoralty.

Rob Ford used his weekly radio show to decry his critics, tout his own political record and confirm his intention to seek re-election.

He even lamented the loss of his volunteer high school football-coaching job, a development his brother, who joined him on the airwaves,

suggested may have been influenced by higher political forces.

Ford's confidence was markedly different from the evasion seen ever since reports surfaced of a video that allegedly shows him smoking what appears to be crack cocaine.

"No matter what you say, I've found out, to the media, you're never going to make them happy," Rob Ford said on NewsTalk1010.

Ford — who has faced calls to step down in recent

## All up from here

**"Journalism in my opinion has sunk to an all-time low."**

Toronto Coun. Doug Ford

days — added he plans to start campaigning for the next municipal election as soon as possible, saying, "I'll be the first one putting my name on that ballot."

The mayor's brother, Coun. Doug Ford, lashed out at critics

who've suggested his family has hurt the city's reputation.

Doug Ford found himself under scrutiny as well after a Globe and Mail article on Saturday claimed he dealt hashish for several years in the '80s — allegations he has denied.

"I never start a fight, but when someone comes up and punches you in the head 15 times, tries to attack your credibility, your character, try to go after your family's character ... I go swinging back," he said. THE CANADIAN PRESS

## Senate expense scandal

### Ex-Mountie fears Tory control

A former RCMP superintendent says he's never seen the degree of political control over the Mounties that exists now, and says it "does not bode well" for a police investigation of the Senate expense scandal.

Garry Clement, a 30-year veteran of the force,

told CTV on Sunday that he knows the investigating officer involved in the Senate case has the "utmost credibility."

However, he also called out Public Safety Minister Vic Toews, saying, "Let's be honest, the direction that Mr. Toews as a minister, everything's got to go through him, in my mind does not bode well for objectivity."

THE CANADIAN PRESS

## Post-traumatic stress

### Soldiers seek solace at Vimy Ridge

A group of Canadian soldiers, struggling with post-traumatic stress, paid a visit to Vimy Ridge on Sunday, hoping the carnage could bring comfort.

Capt. Andrew Richardson says the journey to the site of the First World War engagement helps make sense of his time in Afghanistan.

"I know how my war experiences shaped me, but to have ... gone through Hell, to have lived with rats, the constant threat of being blown up, the constant shelling, the raids, I can't even begin to imagine what those guys went through," he said.

The fact the majority of them resumed their lives, without doubt suffering from post-traumatic stress, gives him hope for his future.

THE CANADIAN PRESS

## Resident evil

### Man sleeping on bloodied ground at Magnotta's old flat

Tenants in a Montreal apartment block have made their home at the scene of one of Canada's most notorious slayings — the former abode of accused killer Luka Rocco Magnotta.

Superintendent Eric

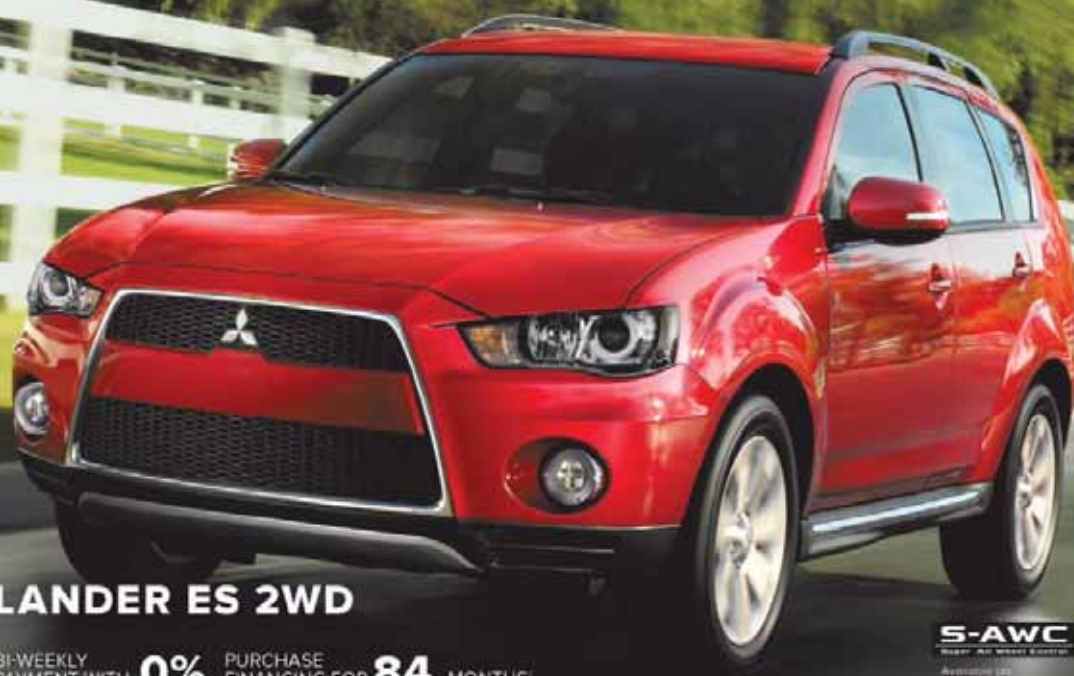
Schorer lost tenants from around 10 units shortly after the incident. Magnotta's former home remained vacant for more than half a year.

He doesn't think the current tenant, whom he described as a foreigner, knows anything about its past.

"We don't advertise it, obviously," said Schorer, who has fully renovated the unit.

"The only problem ... is people who are afraid of ghosts." THE CANADIAN PRESS





## 2013 OUTLANDER ES 2WD

Outlander XLS model shown

**\$161.20<sup>Δ</sup>** BI-WEEKLY PAYMENT WITH **0%** PURCHASE FINANCING FOR **84** MONTHS\*



**0%** PURCHASE FINANCING FOR UP TO **84** MONTHS ON SELECT MODELS<sup>Δ</sup>

## 2013 RVR ES



RVR GT model shown<sup>†</sup>

**0%** PURCHASE FINANCING FOR **72** MONTHS\*  
OR **\$142.85<sup>Δ</sup>** BI-WEEKLY PAYMENT WITH **1.9%** PURCHASE FINANCING FOR **84** MONTHS\*



Available on RVR SE 4WD and GT models<sup>†</sup>



Insurance Institute for Highway Safety

## 10TH ANNIVERSARY 2013 LANCER

**\$2,500** IN NO-CHARGE EXTRA FEATURES\*



**0%** PURCHASE FINANCING FOR **60** MONTHS\*  
OR **\$131.03<sup>Δ</sup>** BI-WEEKLY PAYMENT WITH **1.9%** PURCHASE FINANCING FOR **84** MONTHS\*



Insurance Institute for Highway Safety  
Excludes Lancer Evolution and Lancer Ralliart

## FULLY ELECTRIC 2012 i-MiEV



i-MiEV Premium model shown<sup>†</sup>

**\$27,803<sup>Δ</sup>** SELLING PRICE INCLUDES\*

**\$5,000** RETAIL CREDIT\*, PLUS GET AN ADDITIONAL

**\$0,000** IN EV GOVERNMENT REBATES\*

# Metro MITSUBISHI

APPLY ONLINE FOR FAST APPROVALS: [WWW.METROMITSUBISHI.CA](http://WWW.METROMITSUBISHI.CA)  
230 WYSE RD, DARTMOUTH 902 463-6792 OR 1 888-764-8623

**10 YEAR** 160,000 KM POWERTRAIN LTD WARRANTY\*  
Best backed cars in the world\*

LEARN MORE AT [MITSUBISHI-MOTORS.CA](http://MITSUBISHI-MOTORS.CA)

<sup>Δ</sup> THE ALL-IN PRICE/SELLING PRICE (QUE) INCLUDES FREIGHT, PDI, AIR TAX, EHF AND PPSA. TAXES, REGISTRATION, INSURANCE, LICENSING AND DUTY ON NEW TIRES ARE EXCLUDED. (AB/BC/ON INCLUDES / MARITIMES/MB/SK EXCLUDES) DESTINATION, DELIVERY AND FEES. TAXES, PPSA AND DEALER/ADMIN FEES OF UP TO \$599 ARE EXCLUDED.

Offers available on new 2012 and 2013 models purchased through participating dealers to qualified retail customers who purchase a new vehicle by May 31st, 2013. Dealers may sell for less, some conditions apply. Offers are subject to change without notice, see dealer for complete details. † 2013 RVR GT/2013 Outlander XLS/2012 i-MiEV Premium model shown has an MSRP of \$28,999/\$35,999/\$15,999 and a selling price of \$30,999/\$36,999/\$17,999. Includes destination, delivery and fees. Taxes, PPSA and dealer fees of up to \$599 are excluded. ‡ AWC standard on RVR SE 4WD and GT, S-AWC standard on Outlander XLS. † 0%/1.9% purchase financing available through Bank of Montreal for 84 months on all new 2013 RVR models and 0% purchase financing available through Bank of Montreal for 84 months on all new 2013 Outlander models (terms vary by model, see dealer for details). Representative example: 2013 RVR ES (5C4S-A3/2013 Lancer 10th Ann. 05/2/2013 Outlander ES 2WD (034S-A) with an all-in price of \$22,844.86/\$27,803.36/\$29,337.86 financed at 0%/1.9%/0% for 72/84/84 months equals \$142.85 bi-weekly payments of \$142.85/\$131.03 for a total obligation of \$22,844.86/\$28,447.46/\$29,337.86 and a cost of borrowing of \$0.00/\$124.60/\$100.00. (QUE) Excludes taxes, registration, insurance, licensing and duty on new tires. (Rest of Canada) includes up to \$1,450 in freight, \$250 in PDI, \$100 in air tax, up to \$30 in EHF. Excludes \$5 duty on new tires, taxes, PPSA, registration, insurance, licensing, administration, up to \$599 in other dealer fees and any additional government fees. \* \$800 consumer cash discount applicable on 2013 Lancer 10th Anniversary Edition purchased between May 1st, 2013 and May 31st, 2013. Consumer cash discount will be deducted from the negotiated price before taxes and will take place at time of purchase. \*\* \$2,500 in no-charge extra features applies to 2013 Lancer 10th Anniversary Edition for vehicles purchased up to May 31st, 2013. Based on dealer inventory. See your dealer for details. † \$5,000/\$2,000 retail credit applicable to all 2012 RVR i-MiEV Premium i-MiEV models and will be deducted from the negotiated price before taxes and at time of purchase for vehicles purchased between May 1st, 2013 and May 31st, 2013. Can be combined with finance offers. Some conditions apply. Please see your participating i-MiEV Certified Dealer for further details. ‡ (QUE) \$2,200 incentive is available on Mitsubishi Motors 2012 i-MiEV (NANW Battery) and is applied after taxes. Full terms, eligibility requirements and application available at: <http://www.vehiclesincentives.gva.ca>. (QC) \$5,000 incentive is available on Mitsubishi Motors 2012 i-MiEV (NANW Battery) and is applied before taxes. Full terms, eligibility requirements and application available at: <http://www.citric.ca>. † MITSUBISHI MOTORS. BEST BACKED CARS IN THE WORLD are made in the USA. Mitsubishi Motors North America, Inc. and are used under license. \*\* Whichever comes first. Regular maintenance not included. See dealer at [mitsubishi-motors.ca](http://mitsubishi-motors.ca) for warranty terms, restrictions and details. Not all customers will qualify.

[METROMITSUBISHI.CA](http://METROMITSUBISHI.CA)

MITSUBISHI MOTORS



## Britain. Killing suspect arrested in 2010 in Kenya

A suspect in the savage killing of a British soldier on a London street was arrested in Kenya in 2010 near the East African country's border with Somalia, an anti-terrorism police official said Sunday.

Michael Adebolajo was believed to have been preparing to train and fight with the al-Qaida-linked Somali militant group al-Shabab in 2010 when he was arrested with five others, Kenya's anti-terrorism police unit head Boniface Mwaniki told The Associated Press.

Mwaniki said that the suspect was then deported. However, Kenya's government spokesman said he was arrested under a different name and handed to U.K. authorities.

"Kenya's government arrested Michael Olemendis Ndemolajo. We handed him to

British security agents in Kenya and he seems to have found his way to London and mutated to Michael Adebolajo," spokesman Muthui Kariuki said. "The Kenyan government cannot be held responsible for what happened to him after we handed him to British authorities."

Kariuki said Adebolajo was travelling on a British passport, but he could not confirm if it was authentic.

British soldier Lee Rigby, 25, was run over and stabbed in the Woolwich area in south-east London on Wednesday afternoon as he was walking near his barracks.

Adebolajo, 28, and Michael Adebolawale, 22, are suspected in the killing and remained under armed guard in separate London hospitals after police shot them at the scene.

THE ASSOCIATED PRESS

### France

## Cops hunting for man who stabbed soldier in throat

French anti-terrorism investigators were searching Sunday for a man who stabbed a soldier in the throat in the commercial district of La Defence outside Paris.

The 23-year-old soldier, Cedric Cordier, was in uniform patrolling the busy underground corridors beneath the famous Arch of La Defence.

Saturday's stabbing

came days after a British soldier was hacked to death on a London street in a suspected terrorist attack that has raised fears of potential copycat strikes. However, there was no immediate confirmation of any link between the two attacks.

Cordier remained hospitalized Sunday but officials said his throat wound wasn't life-threatening.

Speaking shortly after the attack, French President Francois Hollande said that while "all hypotheses" will be investigated, there didn't appear to be a link with the attack in London.

THE ASSOCIATED PRESS



U.S. President Barack Obama is greeted as he tours a tornado-affected area Sunday in Moore, Okla. Obama is in the Oklahoma City area to survey damage from last week's tornado and to meet with victims and first responders. MANDEL NGAN/GETTY IMAGES

# Obama visits Okla. tornado victims

## Consolation. President offers federal support in rebuilding efforts

U.S. President Barack Obama flew to tornado-ravaged Oklahoma Sunday, offering moral and monetary support to people still reeling from lost lives and shattered neighbourhoods. He told survivors, "You've got folks behind you."

Standing with Oklahoma Gov. Mary Fallin and other state and federal officials amid the devastation wrought by the monstrous tornado, Obama said, "A picture's worth a thousand words." He said the rebuilding job will be enormous and "we're going to be with you all the way."

"Our hearts go out to you," Obama said, noting the loss of life and some 1,200 homes. He urged the American people to

pitch in and help, saying that in instances such as this, the president serves as a "messenger" for all citizens, bringing words of condolence, promises of government assistance and pleas for private contributions.

Twenty-four people, including 10 children, died when the tornado hit last Monday.

The extraordinarily powerful twister was known as an EF5, ranking it at the top of the enhanced Fujita scale used to

measure tornado strength.

Obama rode past fields strewn with scattered debris, witnessing devastation so awesome it appeared as if garbage had rained from the sky. His first stop was the demolished site of the Plaza Towers Elementary School, where seven students were killed when the tornado turned the building into a heap of bricks, broken concrete and twisted metal.

THE ASSOCIATED PRESS

## Commuter Challenge.ca

JUNE 2-8

Is your workplace up for some friendly competition?

Let's show Canadians that the Halifax region can be the most active and sustainable city!

**Register today!**

**Give your car a day off!**

Take one of these modes to work

ride your bike

work from home

start a carpool

take transit

use your feet



# Myth of the maple moola: Dozens ask BoC if new bills have syrup scent

## Scratch 'n' sniff secret?

Correspondence shows Canadians contacted central bank to inquire whether polymer notes have a whiff of érable

The penny may be history, but some Canadians suspect the Bank of Canada has been circulating a new scent along with its plastic bank notes.

Dozens of people who contacted the bank in the months after the polymer notes first appeared asked about a secret scratch-and-sniff patch that apparently smells like maple syrup.

"I would like to know ... once and for all if these bills are in fact scented, as I do detect a hint of maple when smelling the bill," says a typical email from a perplexed citizen.



Good enough to eat with pancakes? Finance Minister Jim Flaherty holds a new polymer \$100 bill in this 2011 file photo. Rumours about maple-scented bills began soon after the \$100 note, which was the first of the plastic banknotes to be introduced, began circulating in late 2011. Now, correspondence shows many Canadians have gone to the trouble of contacting the Bank of Canada to ask if the rumours are true. THE CANADIAN PRESS FILE

Said another: "They all have a scent which I'd say smells like maple? Please advise if this is normal?"

Under the Access to Information Act, The Canadian

Press obtained a year's worth of correspondence to the Bank of Canada from ordinary Canadians about the new currency. Names were withheld to protect privacy.

For the record, bank official Jeremy Harrison says no scent has been added to any of the new bank notes.

The maple mystery was born soon after the first poly-

mer note — the \$100 bill — was released in November 2011, and has persisted in cyberspace on YouTube videos, blogs and tweets.

THE CANADIAN PRESS

## Folks who need hobbies

### Help! My money lost its smell

A few people were so convinced about the fragrant funds that they actually complained to bank officials that some of their new plastic notes were odour-free. "The note ... lost its maple smell," said one writer. "I strongly suggest the Bank increase the strength of the ... maple smell."

Another cited an alleged scratch-and-sniff area on the new \$100 bank note: "I could smell the scent once but not all the time. ... I bet a couple friends and cannot find proof, is it just me?" THE CANADIAN PRESS

## Abidjan. Ivory Coast techies elect web mayor

A 22-year-old who lives with his parents is the new mayor of Ivory Coast's largest city, Abidjan — at least according to the West African nation's active community of self-described Internet geeks.

Abidjan's budding network of bloggers, strategists, designers and web entrepreneurs organized a separate vote for web mayor in late April, days after Ivorians went to the polls for local elections.

Emmanuel Assouan was crowned leader for a group that

in recent years has dreamed up creative ways to aid the city's population of roughly four million people and draw attention to government shortcomings in areas like traffic congestion and power supply, said Amevi Midekor, who helped organize the vote.

Assouan took the oath of office on Friday night. As he placed his right hand on a gleaming white iPad, he vowed to foster an online community that was "healthy, safe and rich in content." THE ASSOCIATED PRESS

## Jerusalem. Electric-car firm goes to a Better Place

Israel's trailblazing electric-car company Better Place says it has reached the end of the road.

The company announced Sunday that it was filing for liquidation, marking a stunning end to an ambitious plan aimed at revolutionizing the auto industry by reducing the world's dependency on oil.

Perhaps Israel's best-known clean-tech firm, Better Place was developing a nationwide network of charging and battery-swapping stations. But the

company experienced repeated delays in getting off the ground and experienced weak demand for its cars after burning through millions of dollars.

The announcement comes less than eight months after company founder Shai Agassi was forced out.

The project won the support of President Shimon Peres, received financial incentives from the Israeli government and made Agassi a dynamic celebrity CEO.

THE ASSOCIATED PRESS

## Great News!

Effective June 1st, Capital Health Employees can enjoy direct billing to Great West Life for massage & chiropractic care **with us too!**



We also deal directly with:

- Blue Cross
- Greenshield
- Chamber of Commerce Plan

*New Patients Always Welcome!*

Healthy Link Chiropractic Wellness Centre Inc  
362 Lacewood Dr, Suite 201, Halifax (next to Swiss Chalet)  
(902) 446-5465

### HRM's Curbside Give Away Weekend

June 8 & 9, 2013

It's time to **REDUCE** your home's clutter!  
Curbside Give Away is a great way to recycle under-used items—plus you could find great treasures, too.

### Tips for Curbside Give Away Weekend:

- Place re-usable items curbside Friday evening
- Place a "FREE" sticker or sign on EACH item
- ONLY take items that are marked "FREE"
- Remove unclaimed items by dusk on Sunday
- Donate your unclaimed items to charity

For further event information and rules for setting out items, visit:

Halifax.ca/Recycle or call **3-1-1**

PUT WASTE IN ITS PLACE





# STEPHEN, YOU SNEAKY SON OF A GUN

Dear Stephen Harper,

Congratulations! I never imagined in my wildest imaginings even you could be quite this Machiavellian.

Appointing Mike Duffy, the longtime pre-tend senator from CTV, an actual senator from Prince Edward Island? Genius.

Pamela Wallin, the queen of political TV, senator for Air Canada? You had to know. You did, didn't you?

Some may suggest adding to the upper chamber the likes of Patrick Brazeau (pony-tailed pugilist wannabe, alleged sexual assaulter and expense cheat) and Pierre Hughes Boisvenu ("victims" rights advocate who still lists his ex-wife's Quebec home as his primary residence to collect his Senate housing allowance while hiring his girlfriend as his communications officer) was gilding the lily.

But I know you can never be too careful — not when the stakes are this high.

As you told your caucus last week, you "did not get into politics



**URBAN COMPASS**  
**Stephen Kimber**  
halifax@metronews.ca

to defend the Senate."

Some commentators suggested you just wanted to divert attention from the scandal and the role your top aide played in escalating it with his \$90,000 petty-cash cheque. But we know better.

Those otherwise inexplicable appointments, their entitled-to-my-entitlements defence of the indefensible, their later attempts to obfuscate, cover up and shut up, even that cheque you didn't know anything about, are all puzzle pieces in your master plan — to finally, once and forever, abolish the Senate.

That must be it. Otherwise...

I have watched the subtle evolution of your thinking.

From triple-E reformer to closet abolitionist. After the then-Liberal-dominated Senate

blocked your plans to actually change the Senate back in 2006, you travelled to Canberra, Australia, to muse aloud it must either change or, "like the old upper houses of our provinces, vanish."

**Well played, Harper, well played**

**It's working, Stephen. Your awful appointees have made the Senate so disreputable Canadians will soon force their politicians to find a way to get rid of it.**

Your officials helpfully noted this was the first time a Canadian prime minister had suggested — albeit far from home — abolition.

More recently, you stealthily included abolition as one of the options you asked the Supreme Court to consider.

It's working, Stephen.

Your awful appointees have made the Senate so disreputable Canadians will soon force their politicians to find a way to get rid of it.

That's not to suggest a few more awful appointments wouldn't help the cause. As always, I'm willing to do my bit. You can reach me at ...

## ZOOM

### Do you know if your food is kosher?



GERRY BROOME/THE ASSOCIATED PRESS

#### Certification makes its mark in the mainstream

Rabbi Pinchas Herman inspects machinery used for enzyme production for kosher products at Novozymes North America Inc., in Franklinton, N.C. The inspection is an

example of how the centuries-old dietary code of observant Jews is adapting to its role as a mark of quality in the global food and drinks industry.

Albany Law School professor Timothy Lytton says some consumers like knowing that someone is performing additional checks now that food is a complex global enterprise. **METRO**

#### Guidelines

Kosher describes foods that meet dietary laws based on the Old Testament.

- Pork and shellfish aren't allowed, but cattle and finned fish are. Blood must be drawn out of meat before it's eaten. Meat and milk can't be mixed.

#### Industry size

## \$15.3B

U.S. sales of kosher prepared foods, meat, fish and dairy topped \$12.5 billion in 2008, according to market-research firm Mintel. That was projected to grow this year to about \$15.3 billion as more and more existing products join Oreo cookies and Tootsie Rolls in becoming certified, the firm said.

#### Click bait



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

**I have yet to invest any money into a Kickstarter campaign, but after learning about some of the great board games that began as crowd-funded success stories, I know where I'm going to start looking. Here are three I'm keeping an eye on.**

#### Euphoria: Build a Better Dystopia

A European-style strategy game based around resource collection and worker management that is already getting glowing advance reviews. The creators have a previous hit with Viticulture, so if you're into that game or similar ones like Catan and Cuba, this is definitely one you should check out.

#### Xia: Legends of a Drift System

A sandbox-style space exploration and combat game that is almost absurdly

ambitious. The cost of entry is a little steep at \$105, but the beautiful design (complete with spaceship miniatures) and play-how-you-want strategy options make jumping in on this campaign very desirable.

#### Scalawag!

A card game that puts you in command of a warship tasked with bluffing your way to wiping out rival players, this casual game doesn't seem nearly as intimidating as the two above. A \$20 contribution gets you a limited edition of the game, and I'm pretty tempted to chip in.

#### Comments

**RE: Decoding Canada's Ongoing 'Skills Crisis,' published online May 25**

Look up the skilled labour jobs available — businesses want three to five years experience or more. Did these businesses bother to hire and train staff when the economy was slow? Nope. Businesses are used to the baby boomers being there with all the experience at their fingertips. Nice while it lasted. Someone took a chance on the BBER's 40+ years ago, now step up

and train our young Canadians.  
**ve6 posted to metronews.ca**

As a Generation Jones, second-cohort baby boomer myself, I say this whole so-called skills-shortage issue is a fallacy. Jobs were no easier to find when I was an 18-year-old so why the problem now? Most of the uneducated find it too convenient to blame the boomers for their economic ills without fully understanding the fact that skills education is the key.  
**catspassgas posted to metronews.ca**

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)





Sometimes the answer to business success is a question...

metronews.ca  
Monday, May 27, 2013

SCENE

11

# With back-to-back pop hits Lovato is now radio ready

**Fourth album, Demi.**  
The X-Factor judge and talented songstress is making strides in mainstream pop and shaking her Disney tag

Before achieving back-to-back radio hits with Give Your Heart a Break and Heart Attack, Demi Lovato wondered why she had yet to find her breakthrough on the radio.

She knew she had a big voice, and had found success as a Disney Channel star, but something was off.

"I had a moment where I was just like, 'What am I doing wrong? I know I can sing. I know I'm talented. How is it that other artists who don't have my vocals ... (are) on the radio? What's taking so long?'" she said in a recent interview. "And I realized, 'Oh, it's hit songs. You need hit songs.'"

So, Lovato went into the studio and recorded songs crafted perfectly for Top 40 radio. Demi, her fourth album, debuted at No. 3 on the Billboard 200 albums chart this week. It features upbeat, radio-friendly dance numbers and pop ballads about love and relationships.

"We didn't want to put a song on there that was an album filler, so we don't have any songs on there that couldn't be potential singles," the 20-year-old Lovato said of Demi, which features producers and songwriters like Ryan Tedder (Adele, Beyoncé), Priscilla Re-

nea (Rihanna, Selena Gomez, Madonna), and Carl Falk, Rami Yacoub and Savan Kotecha, the trio behind hits for One Direction. (Falk and Yacoub co-produced Nicki Minaj's Starships and Kotecha co-wrote Maroon 5's One More Night and Justin Bieber's Beauty and a Beat.)

Lovato got her first real hint of radio love when Give Your Heart a Break became a hit last year as she was appearing as a judge on the Fox network's The X Factor. The song was from her 2011 album, Unbroken, released months after she left rehab for an eating disorder, self-mutilation and other issues. Though she had a Top 10 hit with Skyscraper, the first single, Give Your Heart a Break, became her breakthrough, selling 1.9 million tracks.

"It was kind of like her coming-out party as a singer," said Sharon Dastur, program director for New York City's pop radio station Z100.

Lovato quickly went into the studio to record her new album, releasing the in-your-face pop jam Heart Attack, which is platinum and has so far peaked at No. 10 on the Hot 100.

"I think there's going to be a lot of radio singles, a lot of hits," said Dastur, naming songs like Without the Love, Neon Lights and Really Don't Care as potential smashes. "And I almost think (the ballad) Warrior could be like a Grammy-nominated song. It's that powerful."

Lovato, who co-wrote most of the songs, said she looked to Kelly Clarkson as inspiration when creating the album.

"A lot of the power vocalists ... they get the respect, but they

**It's a hit!**

**"It was kind of like her coming-out party as a singer."**

Sharon Dastur, NYC radio station Z100's program director.  
On what Unbroken represented for Demi Lovato as an album

don't get the recognition with hit songs that they deserve to have, and a lot of pop artists are very talented, but they don't have the vocal capability to really carry on those power ballads," she said. "(Kelly) has that ability to wow you and also get the sound stuck in your head."

Lovato, who starred in the Disney Channel movie Camp Rock and the TV series Sonny With a Chance, said becoming a radio artist has been a top goal.

"All I've ever wanted was my music to be heard and for people to enjoy it," she said.

Her 2008 studio album debut, Don't Forget, achieved gold status. Her albums that followed — 2009's Here We Go Again and 2011's Unbroken — have sold 487,000 and 459,000 units, according to Nielsen SoundScan.

Lovato said releasing Unbroken was a learning process because the album didn't represent her true self.

"I had just come out of rehab ... and I was trying to figure out who I was," she said. "Sometimes I can confuse what I like listening to with what I am, and I think that's what I did on that album. I was listening to a lot of R&B stuff that



Demi Lovato doing what she does best. AP PHOTO

was on the radio and instead of creating my own style, I kind of subconsciously fell into creating someone else's album, and therefore when you hear it, it didn't make a lot of sense."

Dastur said being on The X Factor has helped Lovato step out of the Disney persona that has trapped others. Lovato, too, is thankful for what the show has done for her career.

"It doesn't hurt when

you're releasing music and you're in millions of people's homes every week — twice a week," said Lovato, who will be joined by Kelly Rowland and Paulina Rubio when the singing competition series returns in the fall. "X Factor has helped me make that transition from being the Disney pop singer ... to the mainstream world."

THE ASSOCIATED PRESS

2  
SCENE

**HAVE FUN & STAY ACTIVE at a DaLHOUSIE SUMMER CAMP!**

- Over 75 camps to choose from!
- Options for ages 4-17
- Daily swim & lunch included for most camps
- Free early drop-off and late pick-up available

**REGISTER ONLINE OR CALL DALPLEX TODAY!**

[www.DaL.ca/caMPS](http://www.DaL.ca/caMPS) • 494-3372

**DALPLEX**







# Q&A Arlene contest

Arlene Dickinson, Scotiabank Business Champion.

# Sometimes the answer

You have questions. We have answers.

You could win a trip to Toronto for a face-to-face meet and greet.

Enter today at [getgrowingforbusiness.com/as](http://getgrowingforbusiness.com/as)

® Registered trademarks of The Bank of Nova Scotia. For complete contest rules, visit: [www.getgrowingforbusiness.com/as](http://www.getgrowingforbusiness.com/as)

metro

12

DISH

metronews.ca  
Monday, May 27, 2013

## Pop Goes the Week

**This week: Kanye will save you, but he can't save the vampire love**



**STARGAZING**  
Malene Arpe  
scene@metronews.ca

**Possible reasons Kristen Stewart and Robert Pattinson broke up.** 1) He didn't forgive her for the affair. 2) She was tired of getting sparkles all over the house. 3) Sometimes an awkward relationship just runs its course. 4) Katy Perry may be to blame. 5) The promotion for the last Twilight DVD is over so their contract was terminated early.

**The makers of Nutella issue a cease and desist order to the founder of World Nutella Day. That makes no sense.** It's as if Justin Bieber issued a cease and desist letter to

the founder of World-wide Dumbass Drop-crotch Pants Appreciation Week.

**Kanye West's new album will be called Yeezus.** The first video from the album will feature Kanye turning water into really irritating, delusional wine with tiny, little leather kilt labels.

**Covergirl announces a Hunger Games: Catching Fire collection.** For, like, when you're hanging out, starving and wounded and plotting to overthrow a fascist regime and sooo need to look hot.

**Andrew Garfield plays basketball with some kids in New York while wearing his Spider-Man costume.** Not to be outdone, Kanye West plays bocce with some random senior citizens while wearing a jersey made from the Shroud of Turin.

**A man who installed a video camera in his kitchen to film ghosts he believed were in the house instead caught his**



**girlfriend having sex with his son.** Said the man, "Weirdly, I feel even more haunted now."

**The explicit sex scenes in Lars von Trier's up-coming two-part movie, Nymphomaniac, were created by digitally combining the upper bodies of the actual actors with the, erm, lower part of porn actor body doubles.** Sadly, von Trier wasn't able to combine the general attitude of the film's star, Shia Labeouf, with something less annoying.

## METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### Bynes takes to Twitter to set record straight

After her arrest in New York last week, Amanda Bynes is looking to tell her own side of the story and has taken to her favourite communication tool, Twitter, to do so.

"Don't believe the reports about me being arrested," Bynes wrote over the weekend. "I was sexually harassed by one of the cops the night before last which is who then arrested me. He lied and said I threw a bong out the window when I opened the window for fresh air. Hilariious. He slapped my vagina. Sexual harassment. Big deal. I then called the cops on him. He handcuffed me, which I resisted, quite unlike any of the reports stated. Then I was sent to a mental hospital. Offensive. I kept asking for my lawyer but they wouldn't let me." Bynes was arrested on



Amanda Bynes

charges of marijuana possession, attempted evidence tampering and reckless endangerment. She was released on her own recognizance and must return to court July 9. After being released, she also tweeted, "I only smoke tobacco, I don't drink or do drugs. I've never had a bong in my life! I need to get another nose job after seeing my mugshot."



Ashton Kutcher

### Come on, Twitter, you used to be cool

Ashton Kutcher used to be really into Twitter, but now it's been ruined, he griped at a tech conference in Las Vegas, according to CNN.

"For lack of a better verb, the media came in and f—ed it up," Kutcher said. "When I first got on, it felt like the democratization of media. Now it just feels like media. The bigger vision for Twitter when Jack (Dorsey) created it was to empower communication to happen as things were taking place. Now it's just a bunch of companies and people constantly pitching crap."



## (CCA) Continuing Care Assistant / Home Support Worker Full and Part time – Multiple Locations within Halifax Regional Municipality, Windsor/West Hants

Northwood Homecare is one of the largest, innovative and most progressive Homecare Agencies in Eastern Canada, offering a continuum of services and programs based on a philosophy that helps older adults make the most of life.

We offer our staff competitive benefits, on-going continuing education, mileage reimbursement, corporate discounts, and competitive home and auto insurance rates.

We are looking for dynamic individuals to be part of our team and are currently accepting applications for:

### Continuing Care Assistants

- Interested applicants must have a Continuing Care Assistant Certificate or Nova Scotia Provincial HSW Certificate.

If this exciting opportunity interests you and you would like to discuss employment opportunities:

**Human Resources**  
Northwood  
2615 Northwood Terrace  
Halifax, Nova Scotia  
B3K 3S5

**Tel: (902) 454-3369**  
**Fax: (902) 454-3384**  
**E-mail: [hr@nwood.ns.ca](mailto:hr@nwood.ns.ca)**

Northwood is proud to be an inclusive employer who encourages diverse applicants. We thank all applicants, however only those selected for an interview will be contacted.



## Is your opinion worth sharing?

Share your opinion on ads that run in Metro by joining the RAM panel at [metronews.ca/panel](http://metronews.ca/panel).

### What is RAM?

RAM (Research and Analysis of Media) is a panel used by several Canadian newspapers, including Metro, and more than 600 newspapers and magazines in 17 countries

### What's in it for me?

Each time you complete a survey, you earn points which can be redeemed for Tango.com Gift Cards.

### How do I join?

Joining is easy! Just go to [metronews.ca/panel](http://metronews.ca/panel) and click on the registration link for our RAM panel. And, to show our appreciation, every month we'll randomly draw 6-winners who will each win a \$25 Tango gift card! Tango gift cards can be redeemed with top-name brands like Amazon, Starbucks, and iTunes®.

**metro**

**Go to [metronews.ca/panel](http://metronews.ca/panel) and join today**



**Book Excerpt**

## Training don'ts



**IT'S ALL RELATIVE**  
Kathy Buckworth,  
kathybuckworth.com

"Oh, just give me that. It's easier if I do it myself." Ack.

Don't ever say these words to a child (or a trainable husband) when they are mid-task.

One of the worst things we can do as managers in our own

family is to do the job ourselves instead of training the employee/child to do the job correctly. In corporate speak, this is called "dipping down" or "micromanaging." If we micromanage our kids, the end result is that a: we end up doing everything ourselves while they play video games and eat pizza and b: they don't know how to complete basic household tasks and are ultimately destined to live out their adult lives in our basement,

since they'll be too incompetent to hold down a job.

Corporate managers are expected to mentor and encourage growth. Micromanaging is the exact opposite of mentoring, and eventually even the laziest employee will start to resent her manager dipping down and doing the work she is supposed to be doing. While a child might not actively complain about Mom making his lunch when he's 15, he should. The lack of

training by Helicopter Parents today is ridiculous. Not only does it cause undue work for the parents, it prevents the child from learning to do the tasks themselves. If you are reading this section while cutting up your six-year-old's chicken, please stop. Do both of you a favour. **FROM I AM SO THE BOSS OF YOU. COPYRIGHT © 2013 KATHY BUCKWORTH. PUBLISHED BY MCCLELLAND & STEWART, A DIVISION OF RANDOM HOUSE OF CANADA LIMITED. ALL RIGHTS RESERVED.**

**Exclusively online**

Why is it that babies are obsessed with all things dangerous? Follow along with the comedic (mis) adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices



# Tinkle time goes high-tech

**Potty seats.** They flush, they sing, they look like thrones to make it easier for tots and hopeful parents

For some hopeful parents, summertime is "tinkle time," as in setting toddlers diaperless while potty training. And like many aspects of life with kids, potty training means gear.

The choices in potty seats and chairs proliferated and sprouted all manner of bells and whistles.

Many convert like Transformers to serve multiple functions. One has a voice recorder to add a personal message ("Go Jacob!"). Others belt out happy tunes, have cubbies to stash wipes and books, sport their own toilet paper holders, simulate flushing, look like mini-urinals and are decked out as fancy thrones.

So who's it all for, parents or little doers trying to figure out Nos. 1 and 2? Whether you decide on "elimination communication," where infants go without diapers earlier than the norm, take a cold-turkey boot



Potty seats are being designed to entertain. THE ASSOCIATED PRESS/ SAFETY 1ST

camp approach or have a late and reluctant bloomer on your hands, chances are a cheery potty seat is in your future.

"People talk about potty training more. Before it was something you just got through, you know. You just did it," said Angie Peterson, marketing director for Levels of Discovery, a company that puts out painted wood potty thrones for up to \$83 a pop.

Heidi Murkoff, however, who wrote the pregnancy bible What to Expect When You're Expecting isn't a huge believer

in busy potty chairs.

"Bells and whistles, and musical potty seats, are never necessary. Clearly babies have mastered potty proficiency for generations without them," she said. "They just make the process more fun. But the bottom line: What kind of seat you put that cute little bottom on matters far less than how ready your toddler is to start potty training."

In any case, take your tot shopping with you for a potty to build excitement, Murkoff said. **THE ASSOCIATED PRESS**

**Choices, choices**



**Ducky Fun 3-in-1 Potty training chair.** THE ASSOCIATED PRESS/FISHER PRICE



**The Boon Potty Bench with side storage spaces for books, training supplies and wipes.** THE ASSOCIATED PRESS/ BOON



**The Magic Garden Potty Chair.** THE ASSOCIATED PRESS/TEAMSON



**The Riding Potty Chair.** THE ASSOCIATED PRESS/ POTTY TRAINING BOYS BY POTTY SCOTTY

**realstar** management  
it's your home

Ask about our  
rental incentives



**Spring Garden**

5770 Spring Garden, Halifax  
Bachelor, 1 BR, 2 BR  
902-422-5254

**Harbour Ridge**

1663 Brunswick St, Halifax  
1 BR, 2 BR, 2 BR Large  
902-422-4545

**Stonecrest Village**

80 Chipstone Close, Clayton Park  
1 BR, 2 BR, 2 BR Large  
902-457-3600

**Bedford Heights**

40 Bedros Lane, Halifax  
2 BR & 2 BR Large  
902-431-8028

**MacDonald Apartments**

5885 Cunard St, Halifax  
Bachelor, 1 BR, 2 BR  
902-422-5033

**Halifax Apartments**

1881 Brunswick St, Halifax  
1 & 2 BR, 2 BR Penthouse  
902-422-5747

**Daily Open House!**

realstar.ca

**1013 The BOUNCE** 15 minutes of fame!

Call 420-1013 weeknights to co-host the Interactive NINE@9 with Ruby!

**Discovered this week:**

- ★ Abby from Cole Harbour
- ★ Hannah from Bedford
- ★ Harrison from Beaverbank
- ★ Zainab, Taylor, and Telin from Bedford

**Interactive NINE@9**

1013TheBOUNCE.com | Info@1013thebounce.com

3  
T  
I  
F  
E





**Q&A**  
askarlene  
contest

Enter today at [getgrowingforbusiness.com/askarlene](http://getgrowingforbusiness.com/askarlene)

You're richer  
than you think.



metro

14

FOOD

metronews.ca  
Monday, May 27, 2013

# Egging it on in delicious ways



This recipe makes enough for two or three sandwiches. EGG FARMERS OF ONTARIO

A Classic Egg Salad Sandwich hits the spot on many occasions, but it's even better with a few added ingredients.

You can also rethink your traditional Egg Salad Sandwich and use the recipes as dips with crackers or sliced pita bread.

1. Place eggs in saucepan and fill with cold water to cover. Bring to a boil over medium high heat. Cover, remove from heat and let stand for 15 to 20 minutes. Drain and run under cold water until chilled. Refrigerate for at least 2 hours or up to 7 days.

2. Place peeled, hard cooked eggs in a bowl and using a fork or potato masher, mash eggs until finely chopped.

3. Stir in yogurt, mayonnaise, Dijon mustard, salt and pepper until smooth. Add celery and green onion (if using) and stir to combine.

4. Spread over your favourite bread, stuff into pita halves or scoop some onto your favourite salad greens.

## Ingredients

- 4 eggs
- 2 tbsp (30 ml) plain non-fat yogurt
- 2 tbsp (30 ml) light mayo
- 1 tsp (5 ml) Dijon mustard
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) black pepper
- 1/4 cup (60 ml) celery, diced
- 1 green onion, chopped (optional)

## Salmon Dill

Omit green onion. Add 1/4 cup (60 ml) smoked salmon, finely chopped, 1 tbsp (15 ml) fresh dill, chopped, and 2 tsp (10 ml) capers, chopped.

## Pickle Bacon

Omit celery. Add 1 small dill pickle, diced, 2 strips of bacon, cooked and chopped, and 1 tsp (5 ml) horseradish (or more if desired).

## Chili Avocado

Omit celery and green onion. Add half of avocado, diced, 1 tbsp (15 ml) red onion, minced, 1/2 tsp (2 ml) chili powder. EGG FARMERS OF ONTARIO

## Healthy eating

### Choose it and lose it



**ROSE REISMAN**  
for more, visit  
[roreisman.com](http://roreisman.com) or follow  
her on twitter @roreisman

Not only does Pizza Pizza offer cheap slices, but it also sells options like sandwiches and panzerottis. Although one choice is better than the other.



### Pizza Pizza Cheese and Pepperoni Panzerotti

**850 calories/ 46 g fat/ 1,890 mg sodium**

You're getting about half your daily calories and 3/4 of your daily fat and a day's worth of sodium!

### Equivalent

One Pizza Pizza Cheese and Pepperoni Panzerotti is equal in fat to 4.5 servings of Vanelis' spaghetti with meat sauce.



### Pizza Pizza Sausage Sandwich

**580 calories/ 22g fat/ 2,350 mg sodium**

The ciabatta bun has almost 300 less calories and half the fat of the panzerotti dough even though the sausage is fatty.



## A TASTE OF MEXICO



(902) 444 4226 | 635 Portland Hills Drive  
[quetalcater.blogspot.com](http://quetalcater.blogspot.com) | Dartmouth

## Carbonara Pasta Salad

1. Bring saucepan of salted water to boil. Add pasta and cook according to package directions. Drain; spread on rimmed baking sheet to cool.

2. Meanwhile, heat medium skillet over medium-high heat. Add pancetta and cook until crispy, about 6 minutes. Use slotted spoon to transfer pancetta to paper towel-lined plate

## Ingredients

- 16 oz gemelli or rotini pasta
- 9 oz finely chopped pancetta
- 1 cup fresh peas
- 3 egg yolks
- 3 cloves garlic, minced
- 1 tbsp Dijon mustard
- 2 tbsp white balsamic vinegar
- 1 tbsp lemon juice
- 1/2 cup mild olive oil
- Salt and ground black pepper
- 1 cup grated Parmesan cheese
- 3 scallions, thinly sliced



to drain and cool. Add peas to skillet and cook just until tender, 3 to 4 minutes. Transfer to plate with pancetta and allow to cool.

3. While everything cools, make dressing. In blender, combine egg yolks, garlic, mustard, vinegar and lemon juice. In

slow stream, add oil, blending until thick and smooth. Season with salt and pepper.

4. In a large bowl, combine the cooled pasta, pancetta, peas, dressing, Parmesan and scallions. Toss well. For best flavour, cover and refrigerate for at least 1 hour. **THE ASSOCIATED PRESS**

## DALPLEX SUMMER MEMBERSHIPS ARE BACK!

Join now and we'll help keep your body moving all summer long!

Special pricing available for Dal students, individual and family community memberships and non-Dal students, visit us online for details.

\*Some conditions apply.



[WWW.DALPLEX.CA](http://WWW.DALPLEX.CA) • 494-3372

**DALPLEX**





# Funding platform drawing crowds

**Throw some pennies at that project.**

Crowdfunding has come into the spotlight of late, due to a certain mayor and his uncertain habits. As the money pours in to solve the videotape mystery, we take a look at some groups who made (arguably) better use of this business booster

RITA  
POLIAKOV  
life@metronews.ca

When Christian Catalini first started studying crowdfunding in 2008, no one seemed to care.

"For a long time, it didn't receive a lot of attention. It was developing on the fringe," said Catalini, a PhD candidate at the University of Toronto's Rotman School of Management.

The first crowdfunding effort that caught Catalini's attention was a small organization out of Amsterdam meant to help the music industry there. Since then, crowdfunding has slowly exploded. According to Kickstarter, more than 2.2 million people pledged more than \$319 million on the site, which funded 18,109 projects in 2012.

"The advantage of crowdfunding is it lowers the cost of capital. If you don't have a reputation, you can go online and create a profile," Catalini said.

Not all crowdfunding projects are successful, but the following were. Here's why:

**Ubi**  
Kickstarter goal: \$36,000  
Funds raised: \$229,500

Ubi, short for ubiquitous



The Cobra Wallet was born of a need to keep cash compact. SUBMITTED

**Did you submit? Don't sit!**

**Don't just assume that if you build it they will come. Crowdfunding takes a lot of work.**

Ariel Garten  
InteraXon Media

computer, is a voice-activated, portable computer that plugs into the wall and can answer questions, send emails and make phone calls.

"We wanted to do two things," said Leor Grebler, one of Ubi's creators. "One was to see if there was a market for what we were developing and the second thing was to actually be able to raise the money to develop it."

According to Grebler, to succeed on Kickstarter, a product needs to be unique. The creators should also do their research and avoid getting cocky.



Amin Abdossalami, Mahyar Fotoohi and Leor Grebler of team Ubi. SUBMITTED

"Don't assume people are just going to back your project," Grebler said, adding that his team reached out to social media and regular media to get the word out. Also, Grebler suggests keeping the goal low, especially on Kickstarter, where the project only gets funded if it reaches its goal.

**Cobra Wallet**  
Kickstarter goal: \$30,000.  
Funds raised: \$51,128.

This ultra-thin wallet was born out of a desperate



The Muse headband invites users to see their brain in action.

search for a comfortable place to put cards and cash.

Alex Kennberg, who created the project with Joshua Moore, suggests having a prototype before looking for cash.

"If people see only renderings, a lot of things can go wrong. The further you can get (to the final product), the less risk there is for backers," he said.

And, of course, make a solid video with a clear message.

**Muse**  
Indiegogo goal: \$150,000.  
Funds raised: \$287,000.

Muse, made by InteraXon, is a brain-sensing headband that allows users to monitor brain activity. It could lead to controlling apps or games with our minds.

"Funding is not easy," said Ariel Garten of InteraXon.

"Don't just assume that if you build it they will come. Crowdfunding takes a lot of work," she said, adding that projects that do well are often "things that people can see using themselves."

**MoneyProvider.com**  
\$500 Loan and more No credit refused  
Fast, easy and secure  
1-877-776-1660  
www.moneyprovider.com

**NEED MONEY?**  
✓ No credit checks  
✓ Fast approvals  
Call 1-866-499-5629  
And get cash now!!  
www.mynextpay.ca

**HARBOUR VISTA APARTMENTS**  
NEW BUILDING  
One and Two Bedroom Apartments from \$900/Month.  
Includes infloor heating, h/w, balcony, 6 appliances.  
Occupancy NOW to September 1st. ONE MONTH FREE RENT  
5 corners near downtown. Model suite. Harbourvista Apts.  
222 Portland St 809-2221  
www.harbourvista.ca

**WATCH REPAIR CENTRE HAS MOVED!**  
New Location:  
5656 Bilby Street  
902 422 1307  
Timemachinecanada.com



## DON'T BECOME A VICTIM OF FRAUD

Seniors can be a target for financial fraud. Sly and dishonest people may promise quick cash returns to their unwitting victims — and cash-strapped retirees are especially vulnerable. These tips will help prevent you from becoming a victim:

- Be cautious. If something seems too good to be true, it likely is. An honest business will not ask for large amounts of money upfront, so don't do it.
- Do your research. Look into a product or service before you decide.
- Take your time. An honest business will not force you into a purchase decision on the spot.
- Keep your information secret. Don't disclose any personal information.
- Keep your records safe. Put important documents in a secure place. — *News Canada*



CREATAS IMAGES/THINKSTOCK

## PLAN AHEAD FOR GOLDEN YEARS

Aging in place — the opportunity to grow old in the comfort of our own homes and surroundings — is something that we all hope for ourselves. It's also something that everyone should be thinking about before we reach our retirement years, says Nova Scotia Home Builders' Association CEO Paul Pettipas.

Finding that you or your spouse needs the help of a walker somewhere down the road can be a simple transition if your house is already barrier free, Pettipas says.

"Preparing a home for aging in place doesn't have to be an expensive proposition. It's a matter of doing your homework, knowing what's available and planning ahead."

That can mean something as simple as making sure the doors in the house are three feet wide to accommodate a wheelchair, walker or other mobility device sometime in the future.

"You have to follow that inside as well," Pettipas says. "It doesn't make sense to have a three-foot wide entrance door and two-foot-six doors inside."

Other considerations when building or renovating include installing blocking in showers in case grab bars need to be installed, and making sure windows and thermostats are accessible and easy to operate. Non-slip surfaces and soft wiring for future emergency systems are also an inexpensive idea.

"If your home is a two storey, think about leaving a room that can easily

be converted into a bedroom down the road," Pettipas says. "A picture window won't do for a room like that. You need some kind of egress in case of a fire."

Turning a closet into an elevator is also a consideration.

Pettipas says aging in place is something that most boomer-aged home-builders take into account.

"It makes sense if they are planning on staying in the house for a long time, but it's also a good idea from a resale point of view. They might never need the features themselves, but with our aging demographic it definitely makes the home more saleable."

With the right kind of planning now, the challenges of aging in place can be just small bumps in the road.

**Strengthen, Shape and Tone for Life with**  
**Curves Complete**

Call for your free, no obligation visit.

**Curves Complete**  
EXERCISE + MEAL PLAN + COACHING

Bedford Place Mall, 1658 Bedford Highway  
(902) 832-8800

**2013 Series**

**Energy Efficiency Showcase of Homes**

**Public Home Tours Every Weekend**  
**Saturday & Sunday • 1 PM to 4 PM**

**May 18-19 • May 25-26 • June 1-2 • June 8-9**

Brought to you by **NOVA SCOTIA HOME BUILDERS' ASSOCIATION**

**OPEN HOUSE TOUR LOCATIONS**

6 Aquavista Lane, Dartmouth — \$309,900	331 Willowhill Ridge, Dartmouth — \$769,900
21 Castlestone Drive, West Bedford — \$339,900	3 Aspen Hill Court, West Bedford — \$439,900
6 William Borrett Terrace, Bedford — <b>MODEL HOME</b>	4 Three Admirals Drive, West Bedford — \$375,900
4 Ternan Gate, Bedford — \$373,400	38 Aspen Hill Court, West Bedford — \$389,900
282 Gary Martin Drive, West Bedford — \$329,900	188 Aberdeen Drive, Fall River — <b>MODEL HOME</b>
23 Avignon Lane, Timberlea — \$489,900	13 Whites Road, Enfield — \$374,900
231 Starflower Way, Brookside — \$307,900	572 Viscount Run, Hammonds Plains — \$459,900
8022 St. Margarets Bay Rd, Ingraipport — \$549,000	411 Duart Avenue, Fall River — \$599,900
118 Kernwood Drive, Middle Sackville — \$344,900	<i>Following Homes Open 2-4 PM Only:</i>
231 Hollyhock Way, West Bedford — \$489,900	11 Goldeneye Drive, Hammonds Plains — \$479,900
111 Cherrywood Drive, Dartmouth — \$599,900	99 Cannon Terrace, Dartmouth — \$389,900
181 Five Rivers Drive, Hunts Point — <b>MODEL HOME</b>	107 Olive Avenue, Bedford West — \$479,900

Tour Information: [www.nshomebuilders.ca](http://www.nshomebuilders.ca) • 450-5554 • 1-800-668-2001

efficiency

Bell Aliant

NOVA SCOTIA POWER

10000

ATLANTIC HOME WARRANTY

Armco

ViewPoint.ca





CONTRIBUTED

# A FOCUS ON THE REAL SENSE OF COMMUNITY

## AT PARKLAND CLAYTON PARK

Parkland Clayton Park Retirement Residence is celebrating its 15th year in operation.

The Parkland campus offers traditional retirement living at Cameron Hall, traditional living plus at Aberdeen Hall, assisted living at Bradford Hall, memory care at Evan Hall, and enriched care at Drummond Hall.

"As our residents' care needs increase, we have the ability to meet them," says Carol Davis, Parkland's general manager.

The campus also has the added advantage of having an on-site medical clinic.

At the retirement living campus of Parkland Clayton Park, the focus is on providing an environment where there is a real sense of community and residents are proud and happy to call Parkland home.



CONTRIBUTED

Part of the way this is achieved is through providing fun and stimulating recreation and entertainment options. One popular event is the Friday night pub night.

"Our pub night is an immensely popular event at Parkland," says Sharron Martell, Parkland's lifestyle consultant.

The event features live entertainment and, generally, more than 100 residents come out to enjoy the festivities.

## PERFECTLY SUITED FOR YOU

### UNIVERSAL PROPERTIES

Worry-free living was never so convenient.

Universal Properties features the finest quality apartments across the HRM — quiet, clean and secure buildings with all the amenities for comfortable living. With a variety of units and locations available, Universal Properties has a place perfectly

sited to your budget and lifestyle. With on-site staff in every building, you can relax — and seniors receive a 15 per cent discount with no deposit required.

Staying independent was never so easy with affordable worry-free living from Universal Properties.

Universal Properties maintains the property so you can relax and enjoy life. Call 425-8877 for more information or go online at [universalproperties.ca](http://universalproperties.ca).

## view suite view



Enjoy magnificent views, light-filled open concept suites and quality finishes at our premier of three apartment residences -

The Abigail I, just off Larry Uteck Boulevard at 56 Jacob Lane.

Take a tour online at [www.theabigailapartments.ca](http://www.theabigailapartments.ca) or call (902) 402-2591.



**THE ABIGAIL**  
Apartment Residences I • II • III

Universal Properties 1190 Barrington St., Halifax, NS B3J 2P8 (902) 425-8877

*Parkland* SHANNEX  
RETIREMENT LIVING

Living  
your best  
life.



**THE #1 CHOICE FOR RETIREMENT  
LIVING IN ATLANTIC CANADA**

**Join us for an Information Session**

Managing chronic pain, sleep and fatigue issues  
presented by PhysioCare at Home

Monday, June 10<sup>th</sup>, 2-3 p.m. RSVP to 404-4042

Parkland Clayton Park 118 Fairfax Drive, Halifax  
[ExperienceParkland.com](http://ExperienceParkland.com)



# HELP FOR POOR CIRCULATION

About 10 million Canadians suffer from poor circulation and the pain of aching legs and swollen feet. Inadequate blood flow to the extremities and poor circulation usually affects people older than the age of 50, as well as those with illnesses like diabetes. People who struggle with immobility and obesity also suffer from poor circulation. However, there is help available.

A new medical device called the Revitive Circulation Booster is designed to increase leg circulation. Using electrical muscle stimulation (EMS) to stimulate the muscles in your feet and lower legs, this product helps counteract stasis and maintains healthy legs.

Simply place your bare feet on each of the footpads and the therapeutic electrical impulses will stimulate the nerve endings on the soles of your feet, which, in turn, contracts and relaxes the muscles in the

lower legs to increase circulation.

Brought to you by Actegy Health and designed by researchers in the U.K. at London South Bank University and King's College London, this is the only device of its kind designed to reduce swollen feet and ankles, alleviate tired and aching legs, and improve leg circulation.

In addition, the Revitive Circulation Booster has received great reviews by world-class athletes such as Hockey Hall of Fame legend Guy Lafleur. After just one week of using the Revitive Circulation Booster, Lafleur called Actegy to say how impressed he was with the product.

"I tried it, my wife tried it, and we really liked it," Lafleur said.

"Revitive really helped with the soreness and pain in my legs that I used to feel daily. It is a great product."

Lafleur was so impressed that he is now



ISTOCKPHOTO/THINKSTOCK

the Canadian brand ambassador for the product. It provides people with reasonably priced, easy to use, home therapy using EMS.

Revitive Circulation Booster is a Class II medical device in Canada. For more infor-

mation on Class II medical devices or the classification and approval process, go to [hc-sc.gc.ca/dhp-mps/md-im/index-eng.php](http://hc-sc.gc.ca/dhp-mps/md-im/index-eng.php).

For more information on the Revitive Circulation Booster, visit [circulationbooster.ca/help-info/about-us](http://circulationbooster.ca/help-info/about-us).



## Revive Your Day With REVITIVE™ Circulation Booster™

Designed to:

- ✓ Improve leg circulation
- ✓ Reduce swollen feet and ankles
- ✓ Alleviate tired and aching legs

SCIENTIFICALLY TESTED  DRUG FREE CLASS II MEDICAL DEVICE

*I recommend Revitive. It's a great product!*

  
Guy Lafleur  
Hockey Legend

**LIMITED TIME OFFER!**

Join the the thousands of Canadians already enjoying Relief!

Call 1 866 446-7734 or visit: [www.circulationbooster.ca](http://www.circulationbooster.ca)

Available at:     



**NEW LOWER PRICE!**





# ESSENCE OF LIVING

homes will be sectioned for young professionals and families, with other sections strictly reserved for retired or semi-retired residents. It will be a nice community mix catering specifically to people who want the homeowner lifestyle along with all the conveniences and amenities of no-maintenance and carefree living.”

The all-inclusive rental homes are located in a gracious neighbourhood with 35 bungalow-like townhomes, each offering a satisfying designed-for-comfort interior space and intriguing architectural detail. Each unit includes heat, hot water, six top-of-the-line appliances and a maintenance package with snow removal and lawn care.

Arbor Vitalia amenities include a unique 10,000-square-foot clubhouse featuring an indoor pool, lounges with pool table, a fitness area, a fully equipped business centre, and a comfortable library and social room — a perfect place to relax, gather with friends and entertain. Arbor Vitalia is within easy walking distance of schools, public parks, a golf driving range, medical facilities, restaurants and shopping in Bayers Lake Park.

Arbor Vitalia townhomes offer a higher level of privacy and more space than a typical rental unit. Private backyards are appealing to everyone in the family, and pets are welcome.

## ARBOR VITALIA COURTYARD A COUNTRY RETREAT IN URBAN SETTING

What’s in a name? For Arbor Vitalia, the name perfectly sums up the nature of Halifax’s exciting new rental development — “arbor,” a word that describes a shady, pastoral resting place, contrasted with “vitalia” (vitality), the essence of living.

“Arbor Vitalia Courtyard is a country retreat in an urban setting,” says Yianni Paliatsos, developer and manager of Arbor Vitalia Courtyard

Located in Washmill Lake Drive, just a short walk from the heart of Hali-

fax’s Mainland Common, Arbor Vitalia Courtyard is a semi-gated community that strives to be the best of all worlds.

“It’s an ideal home for the retired and semi-retired, but it really is designed to appeal to all ages,” Paliatsos says. “The

CONTRIBUTED

### *The Arbor Vitalia Courtyard*

Country Retreat in an Urban Setting

### OPENING SUMMER 2013 All-Inclusive Rental Homes

Designed for all age groups and families, particularly semi-retired and retired folks in mind.

The Next Step in Community Planning.

A semi-gated community, embraced by nature with all its natural beauty. All the amenities of urban living at your door. Within walking distance, schools, parks, golf driving range, shopping (**Bayers Lake Park**), medical facilities and restaurants.

### *Carefree Living Begins Here*

902 445 5307 | [www.arborvitalia.com](http://www.arborvitalia.com)

OPEN HOUSE  
Weekends 2-4 PM





# Mooseheads best in the Q, best in Canada

## CHL champions.

Halifax caps off dream season with Memorial Cup triumph



ANDREW RANKIN  
Metro in Saskatoon

The Halifax Mooseheads' dream season is complete.

The Mooseheads withstood a second-period attack and another one late in the game to beat the Portland Winterhawks and earn their first ever Memorial Cup before 11,448 fans at the Credit Union Centre on Sunday night.

"It hasn't sunk in," said an elated Nathan MacKinnon, who finished the night with a hat trick and five points as well as tournament MVP honours.

"There's nothing left to play for. We did it. I wish I could go to the worlds with these guys."

His linemate Jonathan Drouin, who also finished with five points, was beside himself with emotion after the victory.

"I had a really great game but so did my teammates," he said. "We needed to come up big and we did. It just feels so great right now."

But the title didn't come easy.

Facing a three-goal deficit going into the middle frame, the Winterhawks proved why they're the Western Hockey League champions



Jonathan Drouin and Nathan MacKinnon celebrate Konrad Abeltshauser's first-period goal against the Winterhawks on Sunday. LIAM RICHARDS/THE CANADIAN PRESS

with a resilient two-goal middle period, to make it 3-2 heading into the final frame.

But the Mooseheads dug deep in the final 20 minutes. Appropriately, MacKinnon, the Memorial Cup's leading scorer, came through for the Mooseheads again, giving the Herd a two-goal cushion 7:36 into the final frame. Defenceman Konrad Abeltshauser added his second

tally of the night about four minutes later to give Halifax even more breathing room.

Portland's Brendan Leipsic scored with 5:28 left in regulation to make it 5-3, however, then Ty Rattie found the back of the net with just over a minute left to make it a one-goal game again.

But with the Portland net empty, MacKinnon scored

with 22.4 seconds left and the celebration was on.

When the final seconds ticked off the clock, the team leaped onto goaltender Zach Fucale in front of the Halifax net.

"This is my greatest achievement and I think it is for everyone here," Mooseheads head coach Dominique Ducharme said during the on-ice celebration.

## Championship game

6

Mooseheads

4

Winterhawks

## 'I wish she was here'

## MacAulay dedicates title to mom

Boasting a record four regular-season titles, three President Cups and two Memorial Cup wins, Halifax Mooseheads forward Stephen MacAulay dedicated his latest to his mother Jean who passed away last March.

"I wish she was here," he said. "I love her and I know she is here with me." ANDREW RANKIN/METRO



Zach Fucale hoists the Memorial Cup. LIAM RICHARDS/THE CANADIAN PRESS

**Congratulations  
TO THE  
HALIFAX  
MOOSEHEADS  
ON YOUR  
GREAT RUN!**

**2013 Dodge  
Dart SXT**  
**\$75** PER WEEK  
TAX, FREIGHT INCLUDED

**DARTMOUTH**  
CHRYSLER JEEP DODGE RAM  
Where Nova Scotia Comes to Save!

## Cooliest Small Car on the Road

- 49 mpg
- Sirius Radio
- 17" Aluminum Wheels
- 6 Speed Auto
- Power Windows
- Power Doors
- Air Conditioning
- Cruise Control



**(902) 469 9050**  
**ddodge.com**

WE WILL NEVER  
BE UNDERSOLD  
EVER



# Drouin named player of year

## CHL awards.

Bench boss Dominique Ducharme receives top-coach honour



**ANDREW RANKIN**  
Metro in Saskatoon

Jonathan Drouin can add Canadian Hockey League Player of the Year to his list of accolades this season.

The Mooseheads forward beat out Plymouth Whalers' Vince Trocheck and Adam Lowry of the Swift Current Broncos to win the coveted trophy at the CHL awards ceremony on Saturday afternoon in Saskatoon.

"I'm really proud of what I did this year," said Drouin.

The 18-year-old is the first player to win the award in his first draft-eligible year since Sidney Crosby accomplished the feat in 2005 with the Rimouski Oceanic.

Drouin's 105 points in just 49 regular-season games

## Other award winners

**Top Prospect of the Year:** Seth Jones (Portland Winterhawks)

**Sportsman of the Year:** Tyler Graovac (Belleville Bulls)

**Top Scorer of the Year:** Brendan Leipsic and Nicolas Petan (Portland Winterhawks)

**Humanitarian of the Year:** Ben Fanelli (Kitchener Rangers)

**Scholastic Player of the Year:** Josh Morrissey (Prince Albert Raiders)

**Rookie of the Year:** Valentin Zykov (Baie-Comeau Drakkar)

**Goaltender of the Year:** Patrik Bartosak (Red Deer Rebels)

**Defenceman of the Year:** Ryan Sproul (Sault Ste. Marie Greyhounds)

helped earn him the QMJHL's Most Valuable Player trophy and the Michael Bossy Trophy as the league's best professional prospect in April. He also won the Paul Dumont Trophy as the league's personality of the year.

"My expectations weren't that high," said Drouin.

"I've won a lot of trophies this year and it's been a great year and my teammates deserve a lot of credit, as well as the coaching staff and our GM."

Mooseheads head coach Dominique Ducharme won the Brian Killrea Coach of the Year title after guiding the Herd to a CHL-best 58-win season. He was also named the QMJHL coach of the year in April.

"I'm representing the team, starting with our players who come in every day and are really focused and have a mindset to get better and that makes it easy to work with them," said Ducharme.



Jonathan Drouin poses with the CHL Player of the Year trophy on Saturday afternoon in Saskatoon. ANDREW RANKIN/METRO

## Recent Memorial Cup winners

2012-13 - Halifax Mooseheads	2003-04 - Kelowna Rockets	1994-95 - Kamloops Blazers
2011-12 - Shawinigan Cataractes	2002-03 - Kitchener Rangers	1993-94 - Kamloops Blazers
2010-11 - Saint John Sea Dogs	2001-02 - Kootenay Ice	1992-93 - Sault Ste. Marie Greyhounds
2009-10 - Windsor Spitfires	2000-01 - Red Deer Rebels	1991-92 - Kamloops Blazers
2008-09 - Windsor Spitfires	1999-2000 - Rimouski Oceanic	1990-91 - Spokane Chiefs
2007-08 - Spokane Chiefs	1998-99 - Ottawa 67's	1989-90 - Oshawa Generals
2006-07 - Vancouver Giants	1997-98 - Portland Winterhawks	1999-89 - Swift Current Broncos
2005-06 - Quebec Remparts	1996-97 - Hull Olympiques	1987-88 - Medicine Hat Tigers
2004-05 - London Knights	1995-96 - Granby Predateurs	

## Saskatoon sees economic boost from tournament

Tourism Saskatoon is estimating the Memorial Cup tournament will have brought \$11.1 million of net economic benefit to the city.

Kent Smith-Windsor, executive director with the Greater Saskatoon Chamber of Commerce, said the City of Saskatoon has seen a number of positives as a result of hosting the tournament.

"Events of this nature that are national — and in this case modestly international in scope ... have a positive impact in promoting Saskatoon as a venue and as a place to live, work and invest," said Smith-Windsor.

Alongside promotional and economic benefits, he explained events like the Memorial Cup benefit residents within Saskatoon as

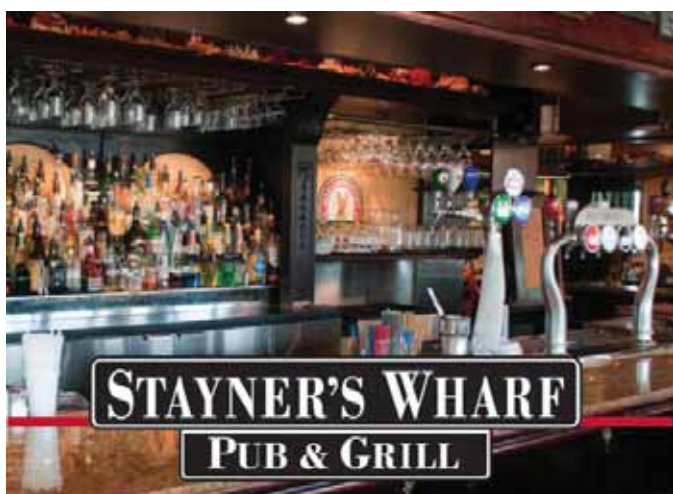
## Business has picked up

# \$11.1M

The amount Saskatoon has benefited from the Memorial Cup tournament, as estimated by Tourism Saskatoon

they help build a sense of community.

METRO IN SASKATOON



**Congratulations Halifax Mooseheads on a phenomenal season! Job well done!**  
**From your friends at Stayner's Wharf.**

**PURCHASE TWO ENTREES  
AND RECEIVE A COMPLIMENTARY  
APPETIZER OR DESSERT**

492-1800 • Halifax Waterfront  
www.staynerswharf.com

Valid 5 PM to close, until May 31 2013. Not valid with any other promotional offers.





# T.J. Grant makes major statement, lands UFC title shot

**UFC 160.** Cole Harbour fighter wastes little time putting Maynard away in Las Vegas



**PHILIP CROUCHER**  
philip.croucher@metronews.ca

It was T.J. Grant's biggest victory, and it was decisive.

The 29-year-old Cole Harbour mixed martial artist defeated Gray Maynard in the first round by knockout at UFC 160 in Las Vegas to become the No. 1 contender for the lightweight title.

Both fighters knew what was at stake going into the three-round bout and Grant — ranked seventh in the division — ended it quickly. He dropped



**T.J. Grant's next fight will be for the lightweight title against Benson Henderson.** THE CANADIAN PRESS FILE

the veteran Maynard with a straight-right hand at the end of a one-two combination, then followed up with a barrage of punches before the fight was stopped just 2:07 in.

"I've been working that exact combo, and it was just beautiful," Grant said. "I practised that for like the last eight

weeks straight, and it worked. ... Gray is not a guy I wanted to go to the ground with, and I saw he didn't move his feet too well, so I knew there were openings."

With the win, Grant improves to 21-5 and is 5-0 since moving to lightweight. He also won knockout of the night and the \$50,000 bonus.

Maynard, who went into the fight ranked No. 3 amongst UFC lightweights, fell to 12-2-1.

A date hasn't been set for the Grant-Benson Henderson fight but the rumour on mmfighting.com is that it could take place The UFC on FOX Sports 1 show scheduled for Aug. 17 in Boston.

"I want to fight Benson Henderson for the title. Nothing but respect but hey I want to fight the champ. I want to be the champ. Let's do it," Grant said.



## Rekindled Heat smoke Indy

LeBron James of the Miami Heat shoots over Paul George of the Indiana Pacers during Game 3 of the Eastern Conference Finals in Indianapolis. James scored 22 points and the Heat rediscovered their offensive punch, routing the Pacers 114-96 on Sunday night to take a 2-1 lead in the series. GREGORY SHAMUS/GETTY IMAGES

### IndyCar

## Kanaan wins long-overdue Indy 500

The hard-luck loser no more, Tony Kanaan finally won the Indianapolis 500 Sunday — with a bit of luck, at that.

In the mix all day during a record 68 lead changes, Kanaan dipped inside defending IndyCar champion Ryan Hunter-Reay on a restart with three laps to go.

From there, he cruised to Victory Lane under the yellow caution flag, flipping up his visor to wipe tears from his eyes as the crowd roared.

"I have to say, the last lap was the longest lap of my life," the popular Brazilian said.

"I got a little bit of luck today," said Kanaan, drenched in the celebratory milk. "I was looking at the stands, and it was unbelievable. I'm speechless. This is it, man. I made it.... I believed that this win was more for people out there than for me."

THE ASSOCIATED PRESS

### NHL playoffs

## Sharks force Game 7 in Cali faceoff

Joe Thornton got San Jose off to a fast start with a power-play goal in the first period and TJ Galiardi added a goal in the second to help the Sharks force a decisive seventh game with a 2-1 victory over the defending Stanley Cup champion Los Angeles Kings on Sunday night.

Antti Niemi made 24 saves as the Sharks matched Los Angeles' three home wins in this series with a third of their own. San Jose won all three games by 2-1 scores.

Game 7 is Tuesday night in Los Angeles. While the Kings seemingly have the advantage of home ice that has been so paramount this series, road teams in NHL history are 8-8 in seventh games of series where the home team has won the first six games, according to STATS LLC.

Dustin Brown scored the lone goal for Los Angeles and Jonathan Quick made 24 saves. The Kings have lost 11 of 12 road games but have been unbeatable at home.

THE ASSOCIATED PRESS

## NHL playoffs. Sid, Pens happy to have brief respite

Cleared to play without a face guard for the first time since returning from a broken jaw, Sidney Crosby said he'll need a few days to adjust.

It appears he'll get just that.

Crosby wore a traditional helmet with no jaw protection during the Pittsburgh Penguins' practice Sunday. Crosby figures to have at least a couple more practices before he plays in a game.

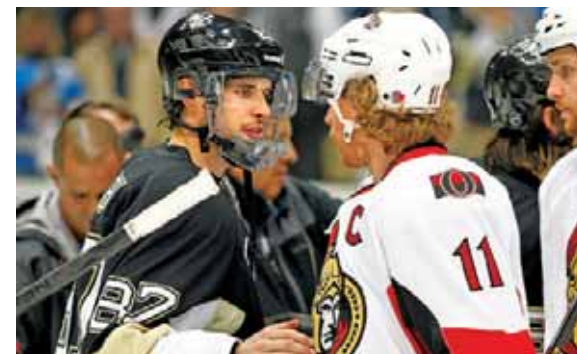
The schedule for the Eastern Conference final against the Boston Bruins has yet to be released. The Penguins will end up with four or more days' rest after wrapping their series with

the Ottawa Senators on Friday.

After playing a compacted schedule during the lockout-shortened regular season, the Penguins are striving to make the most of their preparation time in advance of their first appearance in the conference final since 2009.

"You use the rest to your advantage," Crosby said after practice Sunday. "If we had to start tomorrow, I think we'd be ready and be OK. But in the playoffs you can never have too much rest and preparation before the series starts. So we'll make the most of it."

THE ASSOCIATED PRESS



**Penguins captain Sidney Crosby shakes hands with Senators counterpart Daniel Alfredsson after Pittsburgh's 6-2, series-clinching win in Game 5 of the Eastern Conference semifinal on Friday night.** JUSTIN K. ALLER/GETTY IMAGES



**Admiral**

**INBOUND UK CAR INSURANCE**

RECOGNIZED IN 2013 FOR:

- Best Workplaces in Canada
- Atlantic Canada's Top 25 Employers
- Nova Scotia's Top Employers

Want more time for family?  
**NOW HIRING**  
[joinadmiral.ca](http://joinadmiral.ca)



*"Admiral has given me a career without compromising what's important to me — tucking my grandson in at night."*  
-Jillian



## Horoscopes

### Aries

March 21 - April 20

Don't waste time on petty arguments today, or at any stage throughout the coming week. What other people say and do is completely irrelevant to what you have got planned.

### Taurus

April 21 - May 21

It would appear that some of the people you now have to deal with are more interested in having a good time than discussing important issues. That's their choice to make – but you can choose to get new partners too.

### Gemini

May 22 - June 21

It may be your time of year and most things may be going right for you but don't let your guard down. Saturn suggests a rival is angling for ways to make themselves look good at your expense.

### Cancer

June 22 - July 23

If you make a blunder of some sort today you must own up to it immediately. There are far more important things you will need to worry about later in the week.

### Leo

July 24 - Aug. 23

For some reason you appear to believe that others are out to get you. Why should that be? You're such a likeable Leo! Rest assured it's not in the least bit true.

### Virgo

Aug. 24 - Sept. 23

Different people see things in different ways and if you keep that thought in mind today you won't go far wrong. There is really no need to get worked up about petty differences.

### Libra

Sept. 24 - Oct. 23

Don't get disheartened if you have fallen behind in your work schedule. There is still plenty of time to get done what has to be done and panicking won't make it easier.

### Scorpio

Oct. 24 - Nov. 22

Try to get friendly with someone you think of as a rival, maybe even an enemy. It could well be that they are not nearly as nasty as you think they are.

### Sagittarius

Nov. 23 - Dec. 21

You know how to say the right thing at the right time and today you can charm the birds from the trees. One person in particular will be so enthralled that an offer is likely to follow.

### Capricorn

Dec. 22 - Jan. 20

Let your hair down a little today. You may have important tasks to complete but you know they can wait. Nothing is so important that it cannot be put off until tomorrow – though tomorrow they MUST get done.

### Aquarius

Jan. 21 - Feb. 19

Any ideas or insights you get over the next 24 hours are likely to be important, so don't dismiss them as wild imaginings. What you think about in the present is what you will be doing in the future.

### Pisces

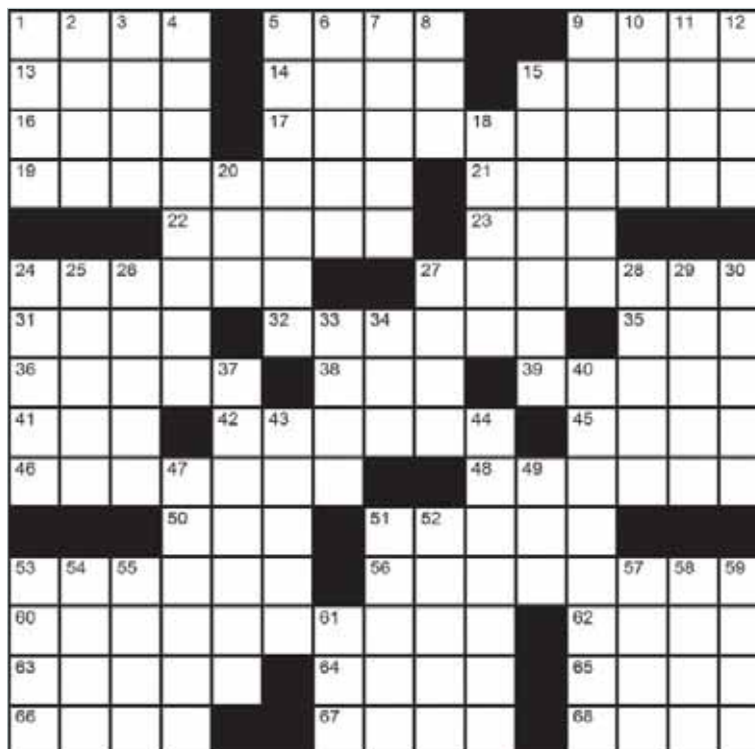
Feb. 20 - March 20

Identify your priorities and focus on them to the exclusion of everything else. The more others try to tempt you to do something else the more you must resist. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. Pulled tightly
5. Becomes beyond betrothed
9. "\_\_\_ It": 1980 hit for Devo
13. Shoe prop, \_\_\_ support
14. Water blue
15. Ms. Davis of TV/ movies
16. Dorothy of Oz's surname
17. Corey Hart hit: "\_\_\_ at Night"
19. Federal info gathering/producing agcy.
21. "Hmmm... let me mull it over.": 2 wds.
22. Young horses
23. Wheat: French
24. Popular 1960s record label
27. Julia Louis-\_\_\_ of "Seinfeld"
31. Addict
32. Come into sight
35. Ms. Gasteyer of ABC comedy "Suburgatory"
36. Preps for painting, as a chair
38. Tree type
39. Fabric measurements
41. Nickname of a President
42. \_\_\_ Brook, Newfoundland
45. Does well, as on an exam
46. CRT = \_\_\_ ray tube
48. Solar System model
50. Be in debt
51. Steer clear
53. Pleasant promenade
56. Taking away
60. Canadian magazine since 1928
62. Shakespeare, The Bard of \_\_\_
63. Paddled



64. Get wind of
65. Proportionately, Pro \_\_\_
66. Bound
67. Shakespeare's \_\_\_ Well That Ends Well
68. Acknowledged

### Down

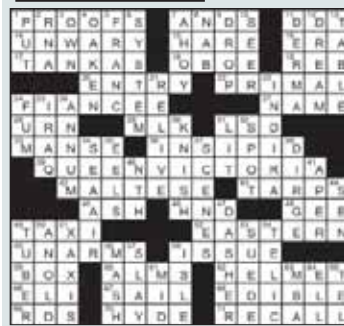
1. Labels

2. Smell \_\_\_ (Be suspicious)
3. Calif. campus
4. \_\_\_ Mines, Quebec
5. Regina's \_\_\_ Creek
6. Peer
7. Big name in Canadian smoked meat
8. Wilt
9. Actor Mr. Snipes

BY KELLY ANN BUCHANAN

10. Hamilton's \_\_\_ Village
11. Bellybutton type
12. Matador maneuver
15. National \_\_\_ of Canada (Art attraction in Ottawa)
18. The Balance
20. Scatter seed
24. Madonna song
25. City of Honshu in Japan
26. Principle
27. Dog's playful move
28. Zany comedy
29. Anesthetized
30. Cheeky
33. Non-\_\_\_ clogging, as some makeup
34. Tin \_\_\_ Alley
37. Glowered
40. Termite-muncher
43. Nancy of "Entertainment Tonight"
44. Boarding house tenants
47. Communicated, owl-style
49. \_\_\_ de Janeiro
51. Spirit in Shakespeare's The Tempest
52. Corruptible
53. Ewan McGregor, for one
54. Noodle dish, Pad \_\_\_
55. Uncommon
57. Canadian filmmaker Mr. Reitman
58. Memo
59. Eat away at
61. '80s band from Norway

## Friday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku



**Today**

10°/5°  
Drizzle  
40%

**Tuesday**

14°/6°  
Partly sunny

Your #1 weather forecast now available in HD.  
Check your local listings for details.

The Weather Network HD

©The Weather Network 2013



## SYRIAN REFUGEE CRISIS

More than 1.4 million Syrians have fled – up to 7,000 people leave each day. They are desperate for clean water, food, and shelter. Urgent help is needed now.

## HUMANITARIAN COALITION

Together saving more lives



The cost of this ad has been generously donated by: **metro**

**CRISIS ALERT: Donate online at [together.ca](http://together.ca) or call 1-800-464-9154**



5 DAYS LEFT

# 99 CENT

*Sale*

BUY ONE OF THE FIRST 99 UNITS DURING THE SALE AND RECEIVE

A 99 CENT/LITRE GAS CARD\*

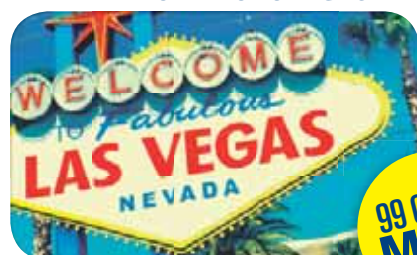


A 7 YEAR WARRANTY OR



WINTER TIRE PACKAGE

A TRIP FOR TWO TO VEGAS



99 CENTS MORE

99 CENTS MORE



BE HERE FIRST  
DON'T  
MISS OUT

2013 **ELANTRA SEDAN**



**\$73<sup>\*</sup>** **\$3100<sup>\*</sup>** CASH **DISCOUNTS**



2012 CANADIAN AND NORTH AMERICAN CAR OF THE YEAR

2013 **ELANTRA GT** **\$100<sup>\*</sup>** **BW**



INCLUDES DELIVERY AND DESTINATION CHARGES

2013 **ELANTRA COUPE** **\$110<sup>\*</sup>** **BW**



INCLUDES DELIVERY AND DESTINATION CHARGES



**O'REGAN'S**  
DRIVING HIGHER STANDARDS

DARTMOUTH  
HYUNDAI

60 BAKER DRIVE, UNIT - D  
465-7500  
oreganshyundaidartmouth.com

\*Sale ends May 31st, 2013. Included with O'Regan's financing. Only available on the first 99 Elantra's purchased during the month. \$3100 cash discount only available on certain models. See our showroom for details.